

## Root Soup

- 2 parsnips, scraped
  - 4 small turnips, peeled
  - 2 carrots, scraped
  - 2 onions
  - 1/2 cup barley
  - 6 cups water
  - 2 vegetable bouillon
  - 1 Tbsp. basil
  - 2 dashes Tabasco sauce
  - Pepper to taste
  - 1/8 tsp. curry powder (optional)
1. Grate the turnips, parsnips, carrots and onions by hand or in a food processor.
  2. Put the grated vegetables in a large saucepan. Add the barley, water, bouillon cubes and basil and bring to a boil. Reduce the heat, cover and simmer for 1 to 2 hours. Check the soup often, add water as needed.
  3. Stir in the Tabasco sauce, pepper and curry. Makes 10 servings.

### Parsnips

- Choose: Firm, well-shaped roots that are small to medium size.
- Store: Parsnips should be stored in the refrigerator in a plastic bag and used within several weeks.
- How to use: Wash well. To cook leave whole, diced or sliced. Place in steamer or small amount of boiling water. Cover and cook for 30 minutes or until tender.

## Fruited Slaw Salad

- 4 firm ripe pears, diced
- 2 apples, diced
- 2 Tbsp. fruit juice
- 3 cups cabbage, shredded
- 1/2 cup raisins

Dressing:

- 1 cup low fat yogurt
  - 1 tsp. juice
  - 1 Tbsp. sugar
1. In a large bowl, toss the pears and apples with the fruit juice.
  2. Add the cabbage and raisins and mix well.
  3. In a small bowl, mix together all the dressing ingredients and add the dressing to the salad.  
Toss the salad and refrigerate for 1 hour before serving. Makes 8-10 servings.

### **Cabbage**

**Green, Red, Savoy, Bok Choy, Chinese**

- Choose: Firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- Store: Cabbages should be stored in the refrigerator and used within 2 weeks.
- How to use: Wash well and remove wilted leaves.

## **Stuffed Squash**

- 1/2 cup onion, chopped
  - 1 clove garlic, crushed
  - 1/2 tsp. sage
  - 1/2 tsp. thyme
  - 3 Tbsp. oil
  - 1/2 cup celery, diced
  - 1 cup whole wheat bread crumbs
  - 1/2 cup cheese, shredded
  - 1 medium squash, any type
1. Cook onions, garlic, sage, thyme and celery in oil. Cook over low heat until onions are soft.
  2. Add bread crumbs. Continue to cook over low heat for 5-10 minutes.
  3. Remove from heat and mix in the cheese.
  4. Pack stuffing into the cleaned out squash. Bake, covered, at 350 degrees for 40-50 minutes.  
Makes 2-4 servings.

**Winter Squash and Pumpkins**

### **Acorn, Buttercup, Butternut, Hubbard, Spaghetti**

- Choose: Firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Don't choose those that are sunken or have moldy spots.
- Store: Winter squash and pumpkins should be stored in a cool dry place and will keep for several months.
- How to use: To cook, wash and cut into quarters or smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25-35 minutes or until tender. To bake, wash and cut in half or in smaller pieces depending on the size. Remove seeds. Place cut side down in a shallow baking pan and bake at 375 degrees for about 40 - 50 minutes.